

# body lift surgery in lucknow



Body lift surgery in Lucknow offers contouring solutions by removing excess skin and fat, enhancing body shape after major weight loss or pregnancy.

# Introduction to Body Lift Surgery

- Definition: A body lift is a cosmetic surgical procedure to remove excess skin and fat.
- Purpose: Often done after massive weight loss or pregnancy to tighten and contour the body.



## 2. Types of Body Lift Surgery

- Lower Body Lift: Targets the abdomen, buttocks, hips, and thighs.
- Upper Body Lift: Focuses on the back, upper abdomen, and breasts.
- Total Body Lift: Combines upper and lower body lifts for full-body contouring.
- [Body lift surgery in lucknow](#)



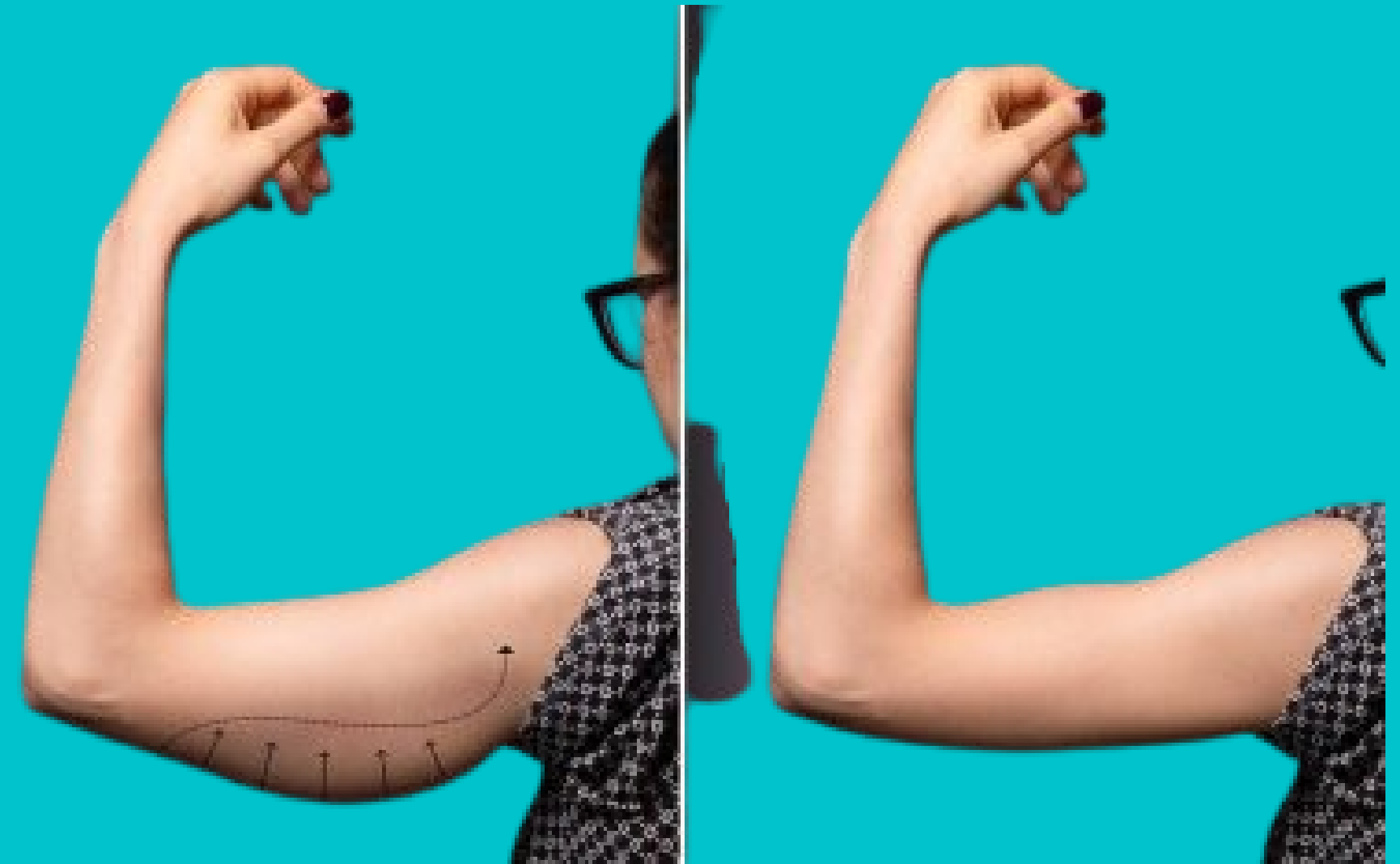
### 3. Ideal Candidates

- Individuals with:
  - Significant weight loss (usually after bariatric surgery)
  - Loose or sagging skin
  - Stable body weight for 6-12 months
  - Good overall health and non-smokers



## 4. Preoperative Preparation

- Medical evaluation and lab tests
- Discussion about goals, expectations, and risks
- Stop smoking and certain medications
- Nutritional guidance



## 5. Surgical Procedure

1. Performed under general anesthesia
2. Duration: 4 to 8 hours (depending on areas treated)
3. Involves:
  - a. Skin excision
  - b. Fat removal (liposuction, if needed)
  - c. Skin tightening
  - d. Suturing and dressing



## 6. Recovery

- Hospital stay: 1-3 days
- Drain placement to remove excess fluid
- Recovery time: 4 to 6 weeks
- Instructions include:
  - Limited movement
  - Wearing compression garments
  - Regular follow-ups





**7.**

## **Results**

- Immediate change in body contour
- Final results visible in 6–12 months
- Long-lasting with stable weight and healthy lifestyle



## **Alternatives and Non-Surgical Options**

- Liposuction
- Skin tightening treatments (e.g., laser, radiofrequency)
- Exercise and diet (helpful but won't remove excess skin)